HOW TO PREPARE FOR YOUR

COLONOSCOPY

USING

BOWEL PREPARATION

(Afternoon Appointment)
Introduction

A colonoscopy examination is now needed to investigate your large bowel further.

Colonoscopy is the term used to describe the inspection of your large bowel (colon) with a flexible camera (colonoscope).

This leaflet tells you how to prepare for your colonoscopy examination using two types of laxatives which come in the form of two sachets of sugar free powder and six senna tablets. These will work together to cleanse your bowel.

What is the bowel preparation?

The two sachets contain sugar free powder which is a strong laxative. To use it, the powder must be dissolved in water in a heat resistant mug. When it dissolves, it fizzes and sometimes becomes hot.

Senna tablets are also laxatives which take between 8 -12 hours to work.

Why do I need it?

The colonoscopy is carried out to look at the lining of the bowel. To have a successful examination of your bowel you must ensure that your bowel is empty and clean. If the bowel is not cleared of bowel motion, it would be impossible to see all of it adequately and this could mean the test would have to be repeated.

Before taking the bowel preparation.

Please read the information leaflet enclosed in the sachets. Contact the Screening Nurses on the telephone number on the back of this leaflet if you answer yes to any of the health questions and they were not discussed at your pre-assessment appointment.

- Are you allergic to any of the ingredients listed on the packet?
- Are you taking Warfarin or Clopidogrel tablets?
- Are you a diabetic on insulin or tablets?
- Do you suffer from any kidney disease?
- Do you have congestive cardiac failure?

When do I start to prepare for my colonoscopy?

7 days before your appointment

- Stop taking Iron tablets - Iron makes everything inside your bowel black, making it difficult for the Doctor examining your bowel to see everything.

4 days before your appointment

- Stop taking any medications that may cause you to become constipated for example Lomotil, Loperamide, or Codeine Phosphate.
Continue to take all other usual medications.

2 days before your appointment

- Stop taking Fybogel or any other fibre products – The fibre contents of these products will work against the special diet that you are about to start.
- Start your special diet at breakfast – Eat freely from the foods in the diet list below unless you are allergic to, or have been advised to avoid certain foods.

Do not eat any foods or have any drinks that are not on this diet list.

Diet List

No milk in any form

Foods you can eat

Meat:  lean meat for example chicken, turkey, beef, ham and rabbit.
Fish:  white fish only (do not fry).
Eggs:  boiled, poached or scrambled only – no milk to be used.
Vegetables: No vegetables other than potatoes boiled or mashed only – no milk to be used.
Cereals: white rice and pasta, boiled only – no wholemeal varieties.
Bread: white bread and white bread rolls only.
Fats:  a daily allowance of 25g (1oz) butter or margarine.
Other:  plain jelly, rich tea biscuits, honey, golden syrup, white sugar, artificial sweeteners, boiled sweets and salt.

Clear Fluids: Black tea or coffee, fruit squash (not real fruit juice), marmite, oxo, bovril, soda water, water, flavoured water, herbal/fruit teas.

You must drink at least one glass of fluid from the list every hour (throughout the day time) during the 3 day diet preparation period.

If you do this your bowel will be empty and clean for your colonoscopy examination.

1 day before your appointment

You are advised that you may need to take the afternoon off work on this day. You should expect frequent bowel actions starting within 3 hours of starting your bowel preparation. Some abdominal cramping is normal, stay within easy reach of the toilet.

- Have a good breakfast of foods taken from yesterday’s diet list.
• At 12 o’clock you may have a light lunch from the diet list. (This will be your last meal, no more solid food until after your examination)

• Clear fluids only until your examination.

• At 2 pm start your bowel preparations as follows: take all 6 Senna tablets with plenty of water.

• At 5pm dissolve the contents of one sachet of bowel preparation in 200mls (8 fluid ozs) of cold water. Stir for 2 minutes and leave to stand for 30 minutes (the mixture may become hot and needs to cool). Once cooled drink the solution.

• **Take clear fluids regularly** – drink a glass of clear fluid every hour throughout the day up until bedtime. **No alcohol**

  **What do I do on the morning of the colonoscopy?**

• At 7 am the day of your examination dissolve the second sachet of bowel preparation as described above and drink the solution once cooled.

• You are allowed to drink clear fluids only until 2 hours before your appointment time. You may receive sedation during your colonoscopy examination it is therefore important that you stop drinking fluids 2 hours prior to your procedure.

Attend the Endoscopy unit at your appointed time.

  **What can I expect?**

The bowel preparation can begin to work within three hours of taking it. You will open your bowels frequently and eventually your motions should change from soft to loose and lastly to watery.

Stay close to a toilet all day as you will use it regularly.

You may experience some abdominal cramp – this is normal in some people.

The skin around your bottom can become red and sore due to frequent diarrhoea. A barrier cream such as Vaseline or nappy rash preparations can protect the skin. The soreness is temporary and will disappear in a few days.

  **Are there any side effects from bowel preparation?**

You may experience headaches, nausea and sometimes vomiting. Abdominal bloating can occur and, less frequently, abdominal cramps.

Most side effects are due to dehydration and can be avoided by drinking adequate amounts of fluid.

**Please inform the nursing staff on your arrival if you are not passing clear liquid as**
you may require an enema prior to your procedure.

If you require any further advice or information regarding your bowel preparation you may contact:

The Endoscopy Department 0191 445 2586
Monday to Friday (8.30am – 5.00pm)

Out of hour’s numbers
Contact the Accident & Emergency Department at;

Queen Elizabeth Hospital 0191 445 0000
South of Tyne District hospital 08448113030
City Hospital Sunderland 0191 565 6256

This leaflet can be made available in other languages and formats upon request